



Pear Class

Week Beginning 01.03.2021

(Our topic this term is: Chocolate and Easter)



Monday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

Phonics: Repeat learnt sounds (a,b,c,d,e,f,g,h,i,j,k,l,m,n,o,p,q,r,s,t,u,v,w,x,y,z) using sensory materials.

Repeat sound **e** - Find/ explore objects beginning with 'e' (eggs, eggplant, elephant).

Can you match them to pictures? Try tasting something beginning with 'e' (eclairs).

Listen to a song with this letter in (The letter 'e' song). Practice tracing over the

letter/ feel a sensory letter. <https://www.youtube.com/watch?v=9bQzbdUuGIQ>

Phase 1 Letters and Sounds: Practise matching sounds - Adults: Play an instrument and see if your child can find the instrument that makes the same sound from a choice of 2.

Exercise time: Complete sensory and/or physio routines. Run around the garden, bounce on a trampette or gym ball if available. Use a ball to squash parts of your child's body if they like this sensation.

Art: Chocolate. Paint a picture using cocoa powder and water. You can use your fingers or a paintbrush to make the marks. How many different marks can you make?

Can you draw horizontal/ vertical lines? Can you make circles/ dots?

Challenge: Can you imitate the same marks as an adult? Can you draw your own picture and name what you've drawn?



Tuesday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

Maths: Shapes. Complete a variety of puzzles. You can choose inset boards, shape sorters, jigsaw puzzles etc. How many can you do on your own? Which ones do you need help with?

If you don't have any puzzles you can make your own by cutting out holes in a cardboard box and posting cut out shapes through. You can post pasta shapes into cardboard tubes too!



Exercise time: Let's do some jumping! You can use a trampoline (or your bed/ sofa if you're allowed) or just jump on the spot. You can repeat this activity until you're ready to do more hard work - it might take a few seconds or a couple of minutes!

Music: Creating sound. Repeat last week's activity of creating sounds (Explore the sounds of different instruments. Take turns playing them with your family. Listen to the different sounds they make. Which sound/ instrument do you like the best?) ONLY THIS TIME USE A PHONE/ IPAD TO MAKE THE SOUNDS! You can play virtual instruments online/ use free apps like Gravitarium.

Challenge: Can you play and stop when asked? Are you aware of the sound other people are making?

Wednesday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

English: Mark making. Drizzle chocolate sauce onto a cake picture saying 'yummy, yummy in ..x... tummy'. Parents - use your child's name in the rhyme to encourage communication. Can they anticipate/ join in the rhyme? Develop your gross motor skills by using your whole arm to drizzle the sauce and make marks!

Challenge: Can you take it in turns with someone in your family? Can you watch and wait until it's your go?

Exercise time: Go for a walk/ run around your garden if you can. If you need a calmer activity, walk around wearing a back pack with heavy objects in or help to carry a laundry basket.

PE: Moving in different ways - jumping. Continue to practise your self-help skills by getting dressed for exercise as independently as possible. Practise your jumping technique. You can use a trampoline to bounce really high, or you can jump around with a



partner. You could jump over cushions/ water/ material and pretend you're leaping over a river - try not to get wet!

Challenge: Can you complete the above using one leg - hopping?

REMEMBER: Keep safe by bending your knees when you land!

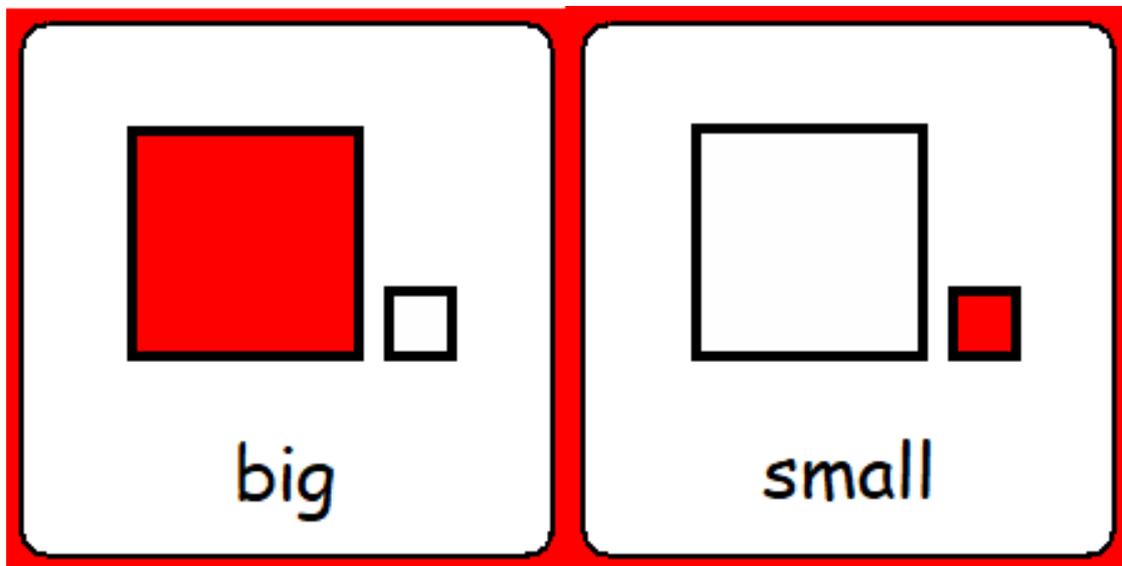
Thursday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

Maths: Categorising objects - big and small. Go on an egg hunt. Find lots of different sized eggs. You could use real eggs/ chocolate eggs/ paper cut-out eggs. Then see if you can find the big/ small egg from a choice of 2.

Challenge: Can you sort the big and small eggs into 2 groups?



Exercise time: Join in this Easter bunny song

<https://www.youtube.com/watch?v=nZFRg1GucZ8>

PSED: Self-help skills - dressing. Begin each session by listening to 'This is the way we get dressed' song <https://www.youtube.com/watch?v=1GDFa-nEzlg>

Adults - Use a doll and demonstrate dressing them. Then give your child an item of clothing and see if they can dress the doll as well. Do they know where the items belong? Practise putting on own coat and hat ready to play/ walk outside. Practise putting on your pyjamas ready for bed.

Challenge: Can you fasten your coats/ pyjamas using the buttons/ zip?

Friday:

Morning work: Practise individual targets - see PLIMS.

Practise signing/ saying good morning to your family.

English: Cooking - following instructions. Follow the instructions (at the end of this document) to make chocolate cloud dough. First read through the instructions, then get out the equipment you need. Use the pictures to help you follow along. Have fun and enjoy playing with/ eating the dough!

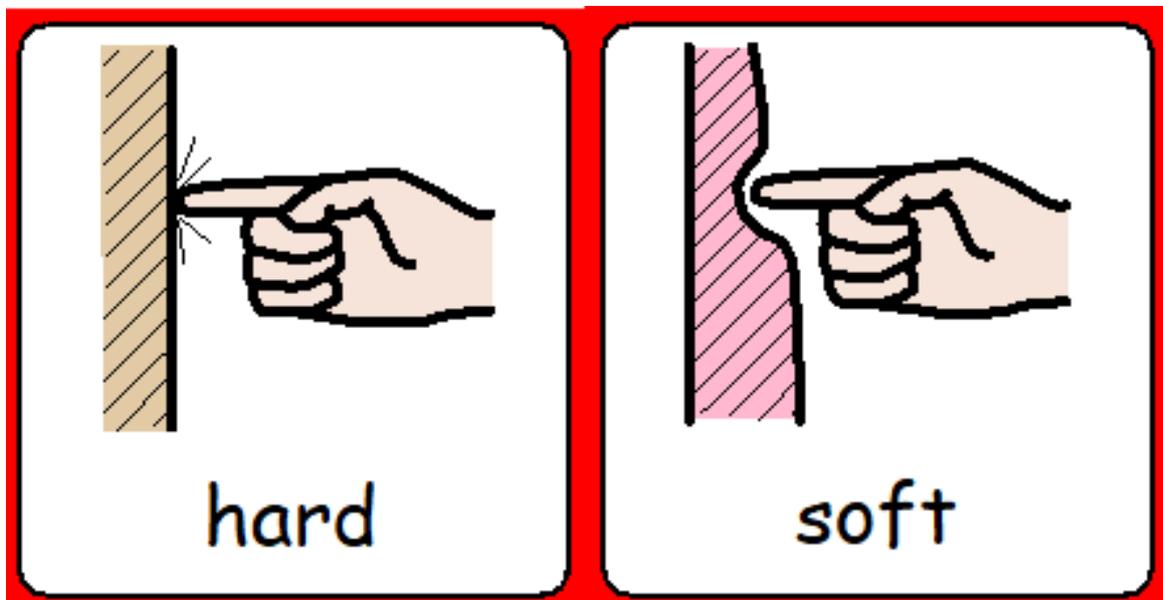
Challenge: Can you put the instructions in order and follow them independently?

Exercise time: Mindfulness. Choose a calming activity (squashing, colouring, breathing).

Understanding the World: Natural materials. Begin session by singing 'Everyday materials' song <https://www.youtube.com/watch?v=ErmhTr0A9pw>

Put natural objects (flowers, pinecones, leaves, twigs etc.) into a bag and play 'What's in the bag?' Can you describe the different textures of the objects? Are they hard/ soft? Can you use the wood/ twigs/ bricks to build a tower or a house?

Challenge: Can you group the natural materials into 2 groups, hard or soft?



On the GANF YouTube channel you can find our signs of the week and also some videos to support home learning.

HAVE FUN AND STAY SAFE! 😊



Chocolate

Cloud Dough Recipe

You will need:

Flour

Cooking oil

Cocoa powder

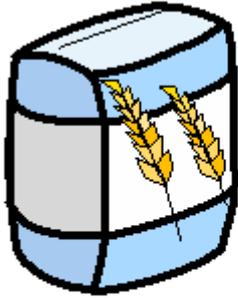
Silicone ice cube moulds

Method

1. Combine 8 parts flour with 1 part oil.
2. Create the chocolate scent by adding a few heaped spoonfuls of cocoa powder and mix it in well.
3. The cloud dough will roll up into a ball and is mouldable.
4. Different shapes can be made using silicone ice cube moulds.
5. This cloud dough produces a lighter dough.



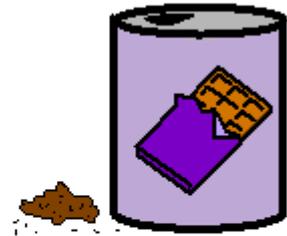
You will need:



flour



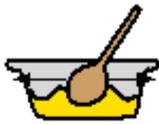
oil



cocoa powder

Instructions:

1



1.

Mix

8



8

cups



flour

+

1



1

cup

and

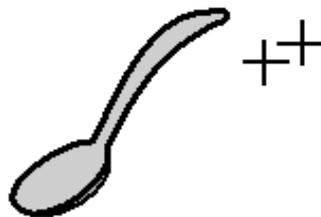


oil.

2

+

5



2.

Add

5

spoons



cocoa powder.

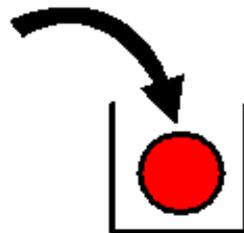


3.

Roll



dough



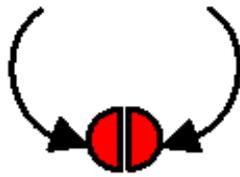
into



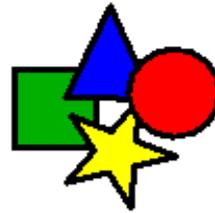
ball.

4

4.



Make



shapes.